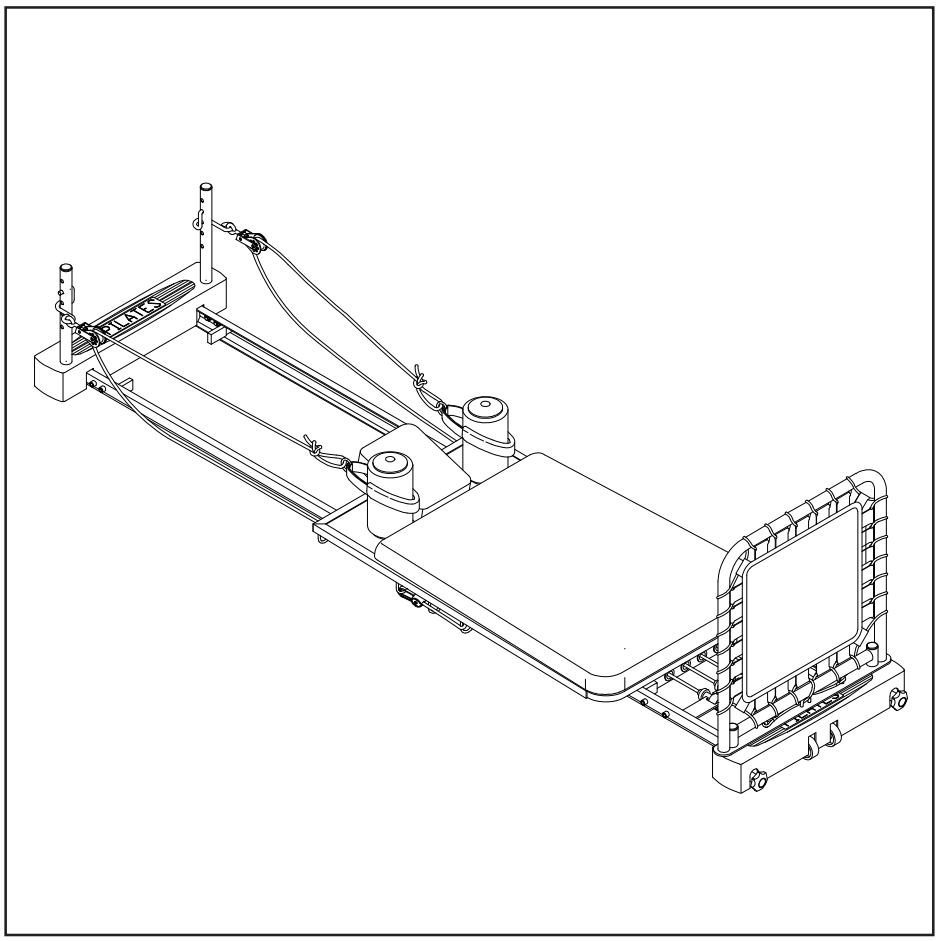
AeroPilates® Premier 695

Owner's Manual



⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

55-4695
Pat. No. D382,319
Other patent(s) apply
& are pending
MADE IN CHINA

Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 300 lbs.

This Product is Produced Exclusively by

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service Number
1 (800) 375-7520
www.staminaproducts.com

2008, 03

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the *AeroPilates*® Premier 695.

1. We recommend that two people be available for assembly of this product.
2. Read all warnings posted on the ***AeroPilates*® Premier 695.**
3. Read this Owner's Manual and follow it carefully before using the ***AeroPilates*® Premier 695.** Make sure that it is properly assembled and tightened before use.
4. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and the product.
5. Keep children away from the ***AeroPilates*® Premier 695.** Do not allow children to use or play on the ***AeroPilates*® Premier 695.** Keep children and pets away from the ***AeroPilates*® Premier 695** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the ***AeroPilates*® Premier 695** on a solid level surface. Do not position the ***AeroPilates*® Premier 695** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the ***AeroPilates*® Premier 695.**
9. Inspect the ***AeroPilates*® Premier 695** for worn or loose components prior to use.
10. Tighten/replace any loose or worn components prior to using the ***AeroPilates*® Premier 695.**
11. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the ***AeroPilates*® Premier 695.**
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the ***AeroPilates*® Premier 695,** loss of balance may result in a fall and serious bodily injury.
16. The ***AeroPilates*® Premier 695** should not be used by persons weighing over 300 pounds.
17. The ***AeroPilates*® Premier 695** should be used by only one person at a time.
18. The ***AeroPilates*® Premier 695** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST

STAMINA® PRODUCTS, INC.

Customer Service Number

1(800) 375-7520

THANK YOU FOR PURCHASING THE *AeroPilates*® Premier 695

To help you get started, we have pre-assembled most of your *AeroPilates*® Premier 695 at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M. Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

ONLINE
CUSTOMER SERVICE
parts@staminaproducts.com
cust-srvc@staminaproducts.com
www.staminaproducts.com

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the ***AeroPilates*® Premier 695.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The ***AeroPilates*® Premier 695** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

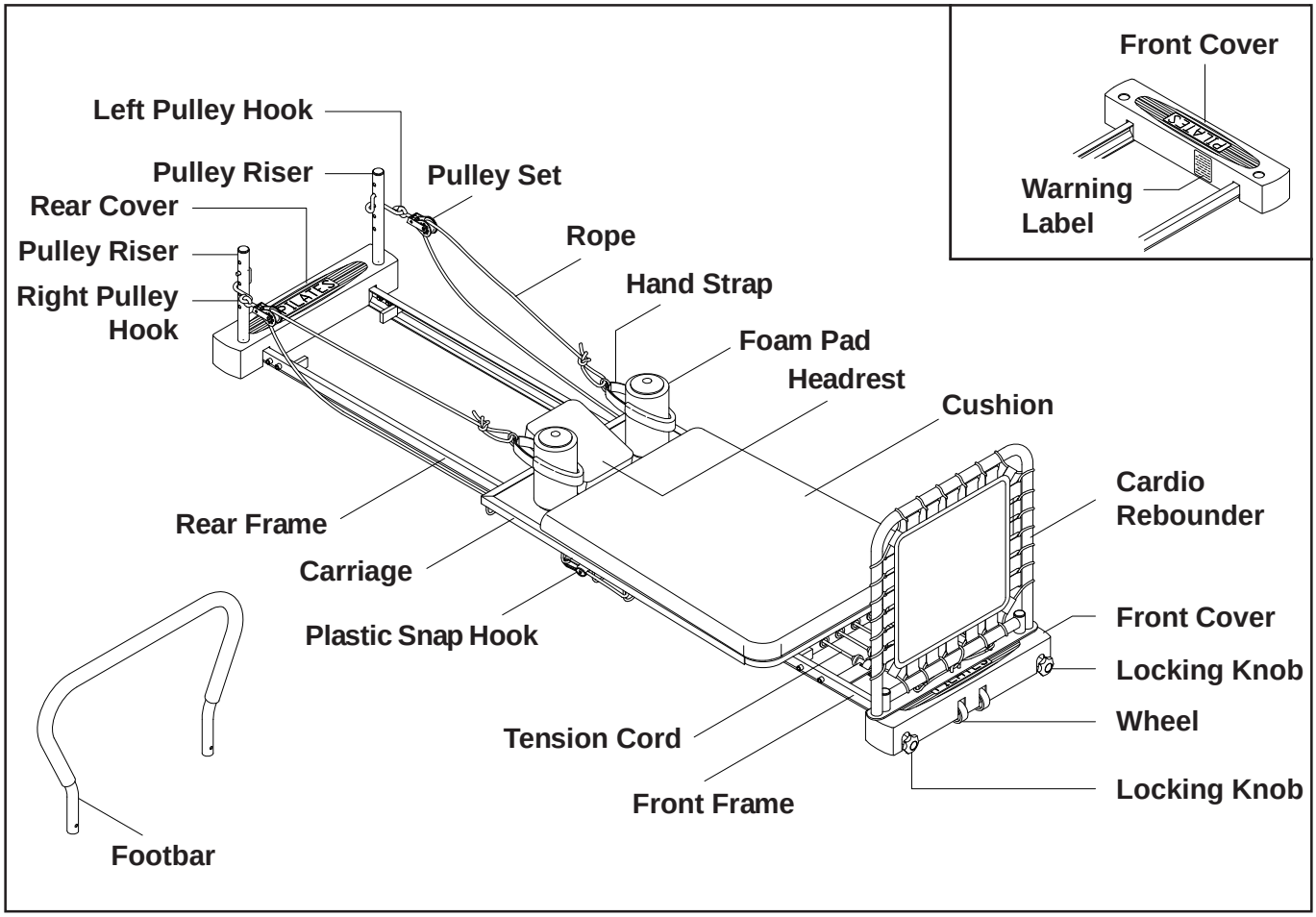
Read this manual carefully before using the ***AeroPilates*® Premier 695.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your ***AeroPilates*® Premier 695,** please do not return the product. Contact us FIRST!

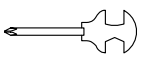
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

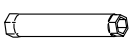
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Combination Wrench



Socket Wrench

EQUIPMENT WARNING & NOTICE LABELS

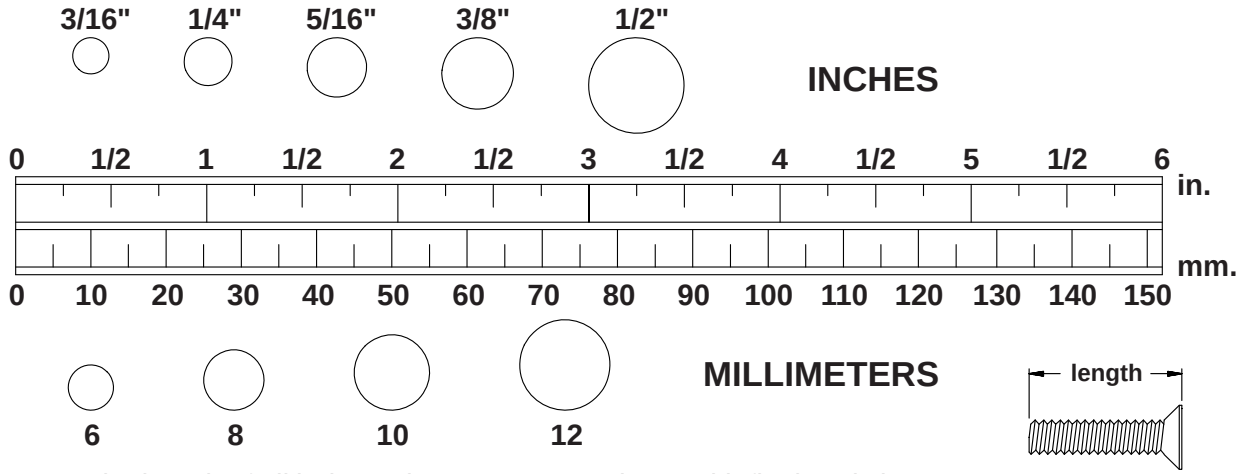
This chart is provided to help identify the warning & notice labels on the ***AeroPilates*® Premier 695.** Please take a moment to familiarize yourself with all of the warning & notice labels.

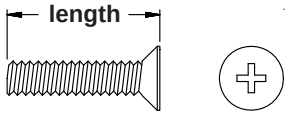
Label is larger than actual size

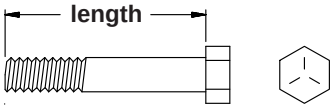
W1 **WARNING LABEL(53)**

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the ends of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

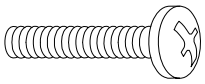
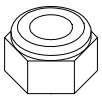
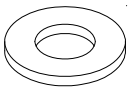
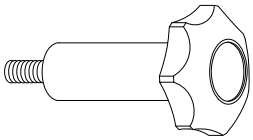
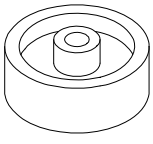
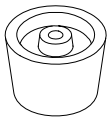






NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

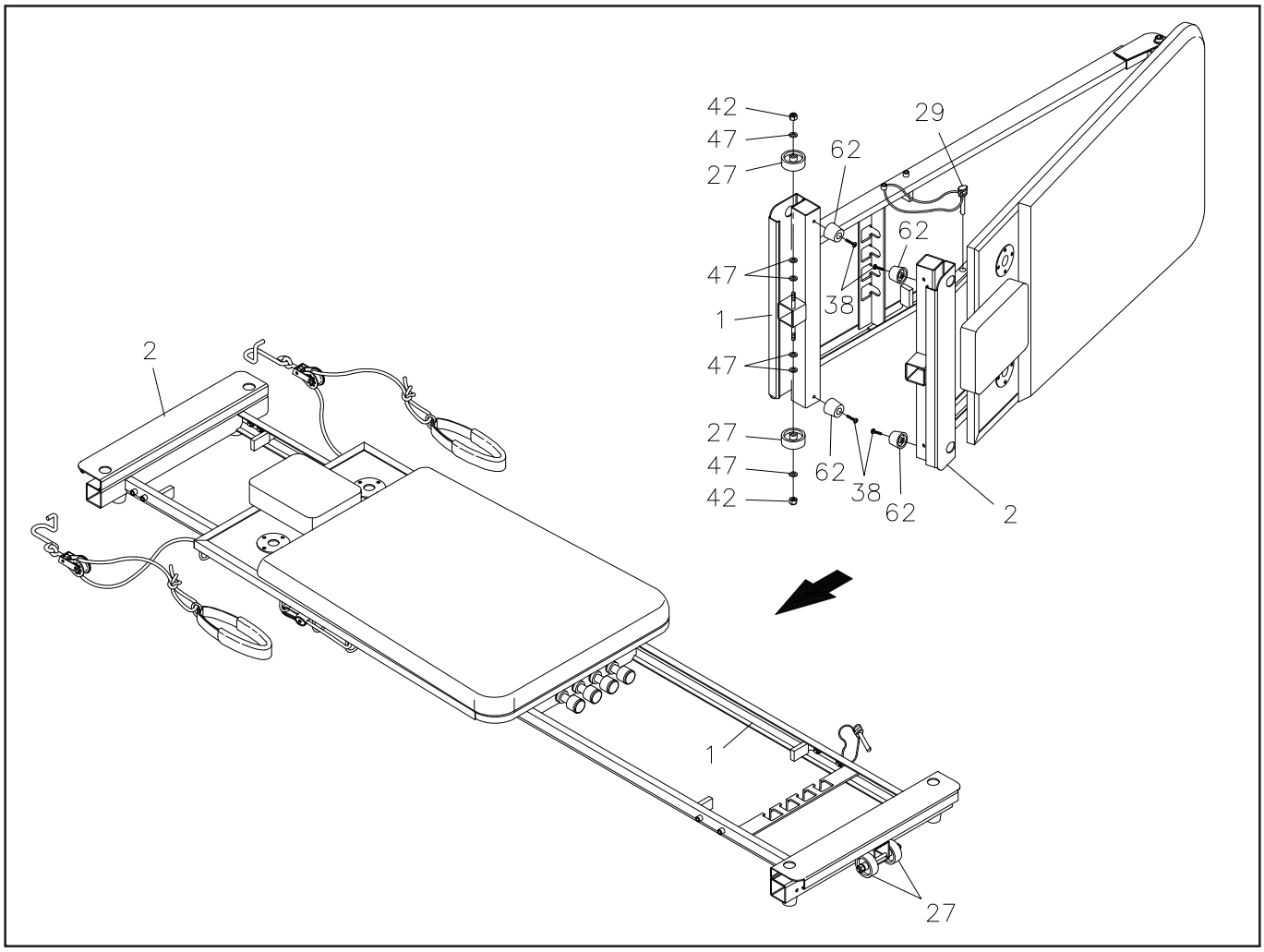
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description		Qty
	38	Screw, Round Head (M5 x 0.8 x 29mm)	4
	42	Nylock Nut (M8 x 1.25)	2
	47	Washer (M8)	6
	26	Locking Knob	4
	27	Plastic Wheel	2
	62	Rubber Foot	4

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at :

parts@staminaproducts.com



STEP 1

Remove your ***AeroPilates*® Premier 695** from its packaging placing the product on its side, with the **LOCKING PIN(29)** side upward. Remove the **LOCKING PIN(29)** and unfold the **MAIN FRAME ASSEMBLY** separating the half that has the attached **LOCKING PIN(29).** When completed, the frame should be separated approximately three feet at the end.

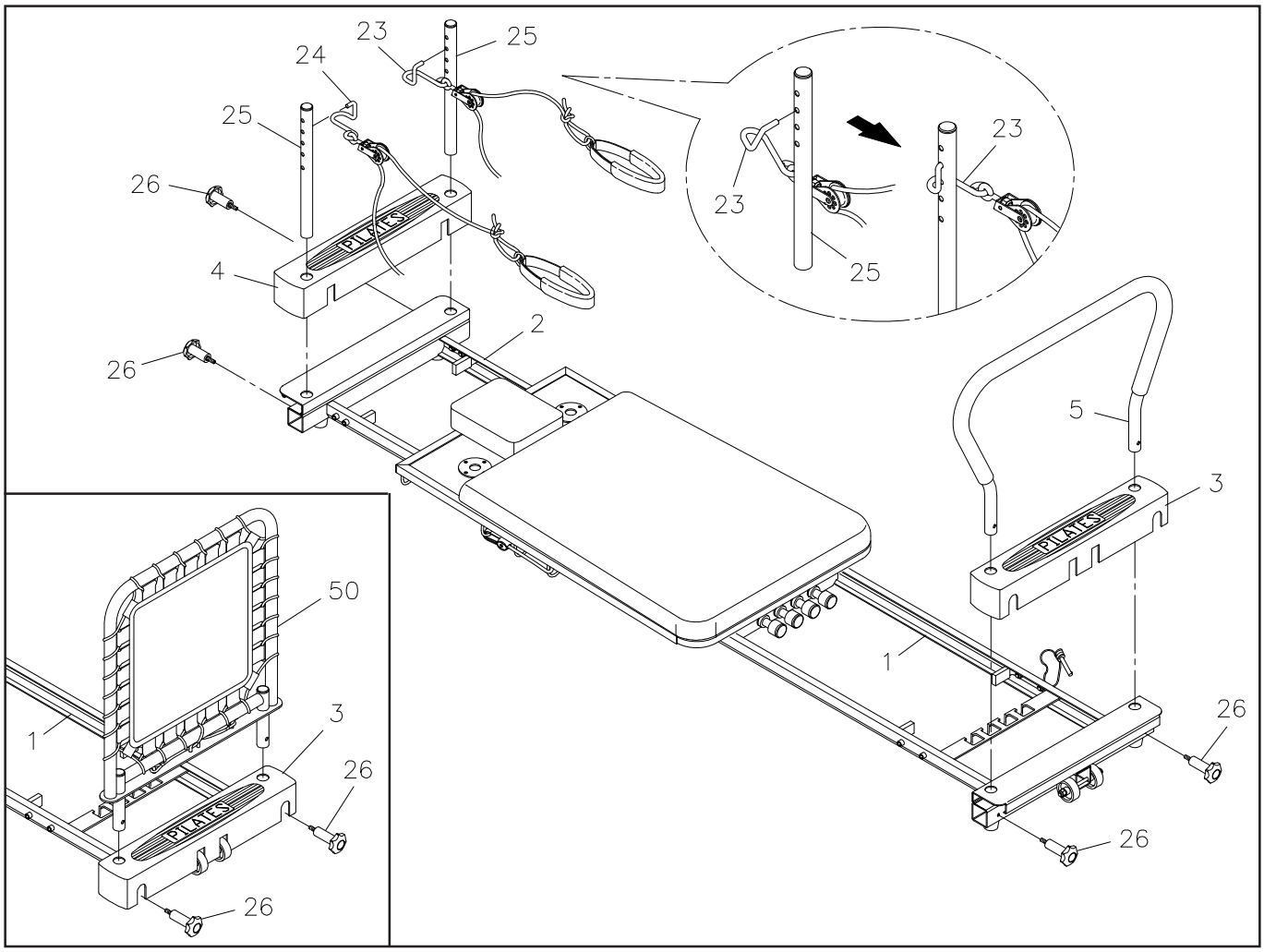
STEP 2

Attach the four **RUBBER FEET(62)** to the **FRONT FRAME(1)** and **REAR FRAME(2)** with **ROUND HEAD SCREWS(M5x0.8x29mm)(38).** Attach the **WHEELS(27)** to the **FRONT FRAME(1)** with **WASHERS(M8)(47)** and **NYLOCK NUTS(M8x1.25)(42).**

STEP 3

Unfold your ***AeroPilates*® Premier 695** to a flat position by moving the **FRONT FRAME(1)** away from the platform end of the product in a clockwise position until fully extended.

ASSEMBLY INSTRUCTIONS



STEP 4: Remove the paper covering from the foam tape inside the **FRONT COVER(3)** and **REAR COVER(4).** Place the **FRONT COVER(3)** over the **FRONT FRAME(1).** Place the **REAR COVER(4)** over the **REAR FRAME(2).** Press the covers securely in place.

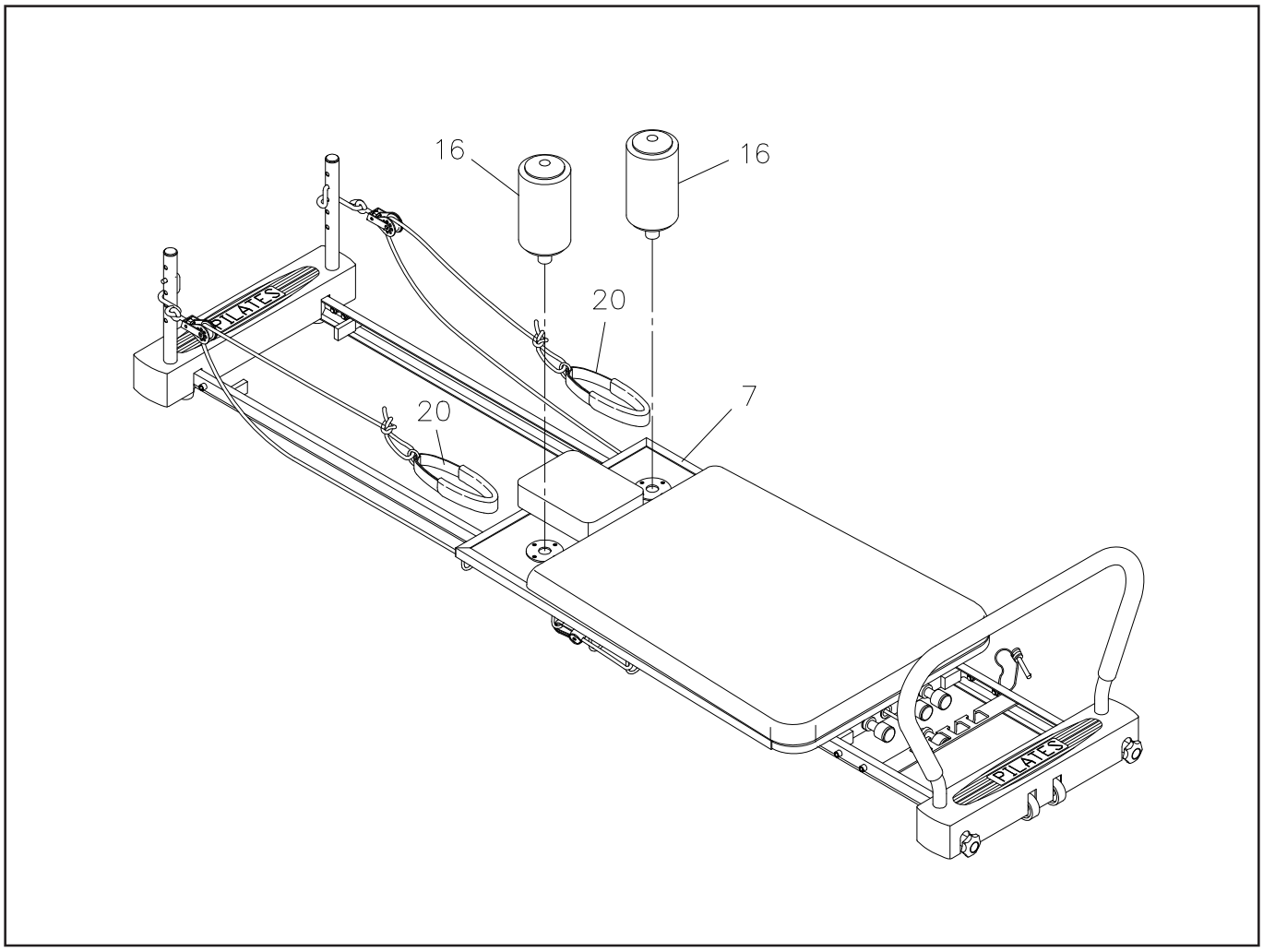
STEP 5: Make sure that the threaded holes in the **FOOTBAR(5)** are facing toward the end of the ***AeroPilates*® Premier 695** as shown in the illustration. Insert the **FOOTBAR(5)** into the mounting holes located in the **FRONT COVER(3)** and **FRONT FRAME(1).** Insert the **FOOTBAR(5)** all the way to the bottom and lock it in place with the **LOCKING KNOBS(26).**

NOTE: You can choose to insert the **CARDIO REBOUNDER(50)** into the **FRONT FRAME(1)** and lock in position with the **LOCKING KNOBS(26).** Refer to the inset drawing.

STEP 6: Insert the **PULLEY RISERS(25)** into the mounting holes in the **REAR COVER(4)** and **REAR FRAME(2).** Insert the **PULLEY RISERS(25)** all the way to the bottom, align the threaded holes in the **PULLEY RISERS(25)** with the holes in the **REAR FRAME(2),** and lock the **PULLEY RISERS(25)** in position with the **LOCKING KNOBS(26).**

STEP 7: Refer to the detail drawing above showing an enlarged view of the left **PULLEY RISER(25)** and the **LEFT PULLEY HOOK(23).** With the pulley facing down, insert the **LEFT PULLEY HOOK(23)** into the left **PULLEY RISER(25)** from the inside as shown. Swing the pulley forward as shown and the **LEFT PULLEY HOOK(23)** will be in position for use. Use the same procedure to install the **RIGHT PULLEY HOOK(24)** on the right **PULLEY RISER(25).**

ASSEMBLY INSTRUCTIONS



STEP 8

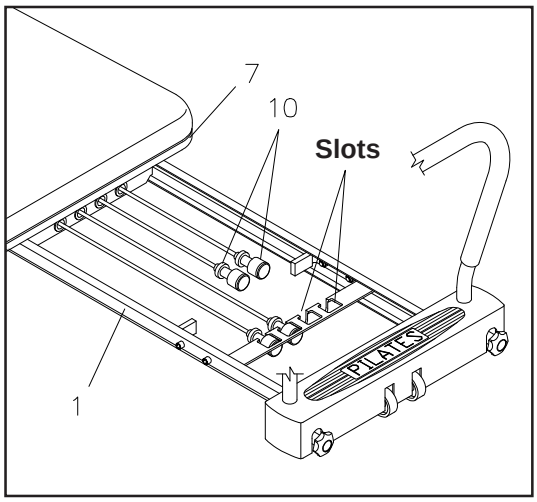
Insert the **FOAM PAD ASSEMBLIES(16)** into the holes located on the **CARRIAGE(7).** Place the **HAND STRAPS(20)** onto the **FOAM PAD ASSEMBLIES(16)** for storage.

OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

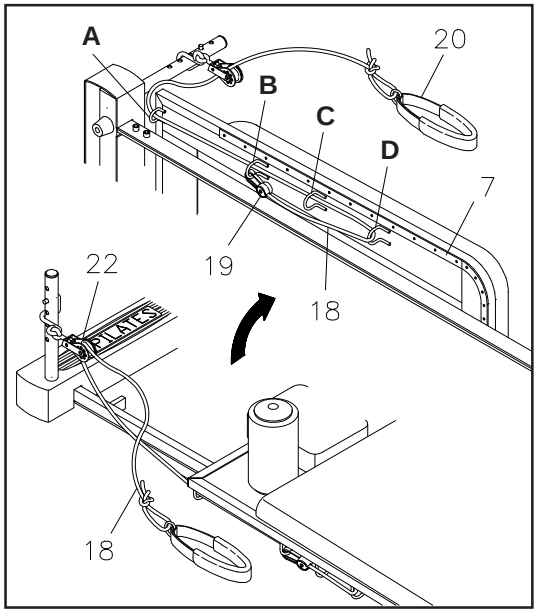
The resistance of the **CARRIAGE(7)** can be adjusted by securing the **TENSION CORDS(10)** in the slots on the **FRONT FRAME(1).** You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(10)** in the slots.

NOTE: Over time your **TENSION CORDS(10)** will relax. To increase resistance in the **TENSION CORDS(10),** stretch and re-tie the tension cords in a more taut position.



ROPE LENGTH ADJUSTMENT

The **ROPES(18)** feed through the **PULLEY SETS(22)** then thread through the loops on the underside of both outer edges of the **CARRIAGE(7). PLASTIC SNAP HOOKS(19)** on the end of each rope are used to adjust the **ROPE(18)** length. If more length is needed, attach the **PLASTIC SNAP HOOKS (19)** to loop D. To shorten, bring the **ROPES(18)** around the last loop D and secure to loops A, B, or C with the **PLASTIC SNAP HOOKS(19).** Wrap **ROPES(18)** through the loops and attach where needed to shorten **ROPES(18)** even more.

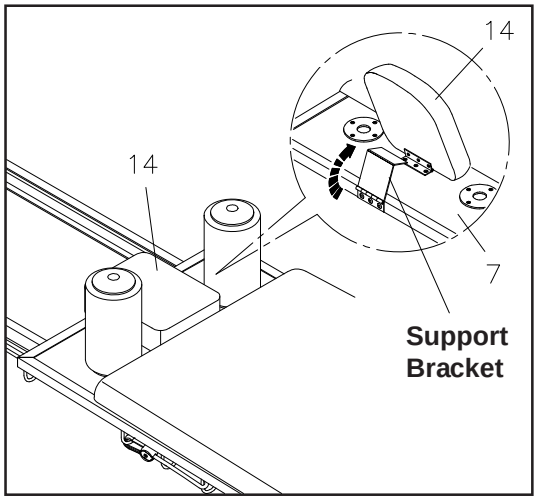


HEADREST ADJUSTMENT

The **HEADREST(14)** on the **CARRIAGE(7)** can be positioned flat or at an incline by simply pivoting the support bracket underneath the **HEADREST(14).**

WARNING:

Always ensure that the **HEADREST(14)** and support bracket are correctly positioned before use.



STORAGE

1. Store the ***AeroPilates*® Premier 695** in a clean, dry place.
2. It is recommended that two people be available to move the ***AeroPilates*® Premier 695.**
3. To move the ***AeroPilates*® Premier 695:** First, attach one of the **TENSION CORDS(10)** in the slot on the **FRONT FRAME(1)** to prevent the **CARRIAGE(7)** from moving. Second, lift up the ***AeroPilates*® Premier 695** from the **REAR FRAME(2)** to move the ***AeroPilates*® Premier 695** with the transport wheels on the **FRONT FRAME(1).**

MAINTENANCE

The safety and integrity designed into the ***AeroPilates*® Premier 695** can only be maintained when the ***AeroPilates*® Premier 695** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the ***AeroPilates*® Premier 695** removed from service until repair is made.
3. Verify that the **WARNING LABEL(53)** is present and legible. Replace the **WARNING LABEL(53)** if it is missing or damaged.
4. Verify that the **ROPES(18)** are properly installed on the **PULLEY SETS(22).**
5. Check the condition of the **ROPES(18)** and replace if they are frayed or worn.
6. Check the **PLASTIC SNAP HOOKS(19)** on the ends of the **ROPES(18).** Replace the **ROPES(18)** if **PLASTIC SNAP HOOKS(19)** are damaged or deformed.
7. Check the **TENSION CORDS(10).** If a **TENSION CORD(10)** is stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(10)** that are frayed or worn.
8. Check the **BUNGEE CORD(52)** on the **CARDIO REBOUNDER(50)** for wear. Replace the **CARDIO REBOUNDER(50)** if the **BUNGEE CORD(52)** is frayed or worn.
9. Check the **PULLEY SETS(22)** for excessive wear. Replace worn **PULLEY SETS(22).**
10. Check the **HAND STRAPS(20)** for damage. Replace damaged parts.
11. Check the **FOAM SLEEVE(6)** and **FOAM PADS(16)** and replace if damaged or worn.
12. Check the **STOP PLATES(30, 31)** for looseness or damage and replace any damaged parts.
13. Check the **CUSHION(13)** and replace if it is damaged or worn.
14. Check and clean the **ROLLERS(8)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
15. Only Stamina Products supplied components shall be used to maintain/repair the ***AeroPilates*® Premier 695.**
16. Keep your ***AeroPilates*® Premier 695** clean by wiping with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually, too, by monitoring your heart rate while you exercise.

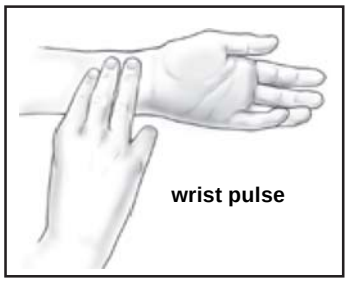
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

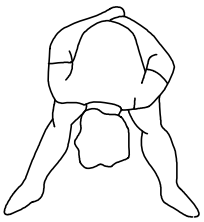
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

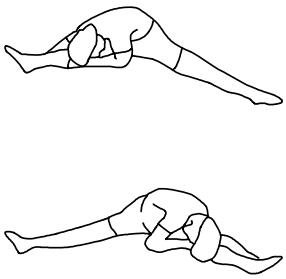
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

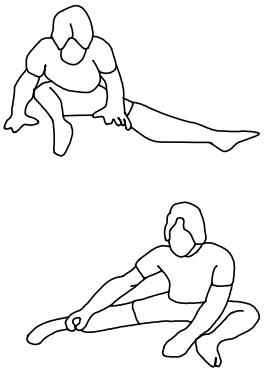
Suggested Stretching Exercises



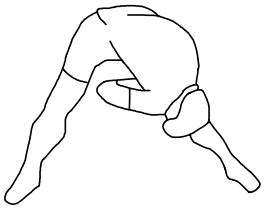
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

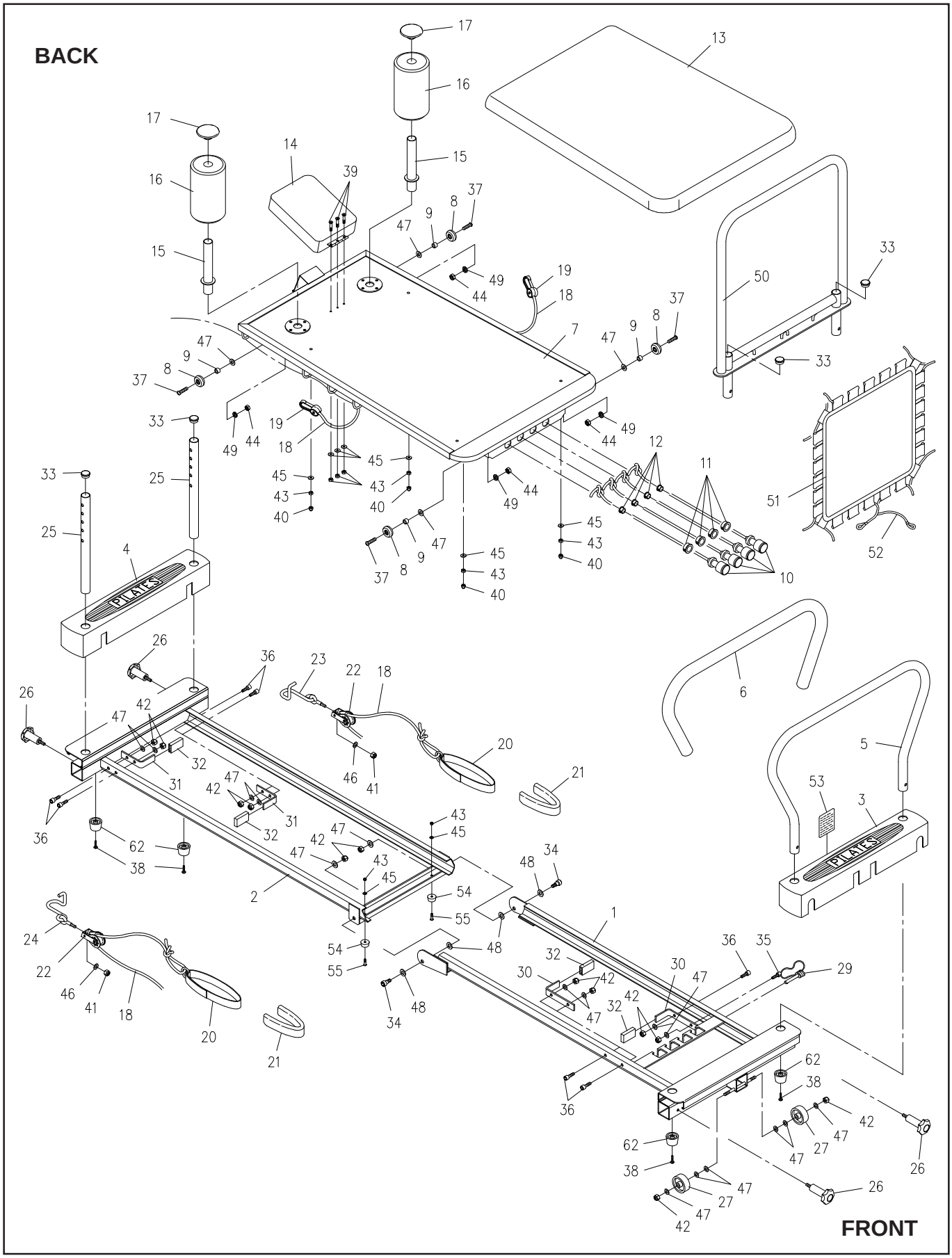


Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember always to check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Front Cover	1
4	Rear Cover	1
5	Footbar	1
6	Foam Sleeve	1
7	Carriage	1
8	Roller	4
9	Roller Spacer	4
10	Tension Cord	4
11	Support Bushing	4
12	Stop Bushing	4
13	Cushion	1
14	Headrest	1
15	Foam Pad Tube	2
16	Foam Pad	2
17	Foam Cap	2
18	Rope	2
19	Plastic Snap Hook	2
20	Hand Strap	2
21	Grip Pad	2
22	Pulley Set	2
23	Left Pulley Hook	1
24	Right Pulley Hook	1
25	Pulley Riser	2
26	Locking Knob	4
27	Wheel	2
29	Locking Pin	1
30	Stop Plate	2
31	Small Stop Plate	2
32	Stop Pad	4
33	Round Plug (25mm)	4
34	Shaft Bolt, Socket Head (M8 x 1.25 x 20mm)	2
35	Bolt, Socket Head/w hole (M8 x 1.25 x 20mm)	1
36	Bolt, Socket Head (M8 x 1.25 x 20mm)	7
37	Bolt, Round Head (M8 x 1.25 x 25mm)	4
38	Screw, Round Head (M5 x 0.8 x 29mm)	4
39	Screw, Flat Head (M5 x 0.8 x 25mm)	3
40	Acorn Nut (M5 x 0.8)	4
41	Nylock Nut (M6 x 1)	2
42	Nylock Nut (M8 x 1.25)	12
43	Nylock Nut (M5 x 0.8)	9
44	Nut (M8 x 1.25)	4
45	Washer (M5)	9
46	Washer (M6)	2
47	Washer (M8)	20
48	Washer (M10)	4

PARTS LIST

DIAGRAM#	PART NAME	QTY
49	Lock Washer (M8)	4
50	Cardio Rebounder	1
51	Mat	1
52	Bungee Cord	1
53	Warning Label	1
54	Rubber Stand	2
55	Screw, Flat Head (M5 x 0.8 x 17mm)	2
56	Combination Wrench	1
57	Socket Wrench	1
58	Manual	1
59	Workout Chart	1
60	AeroPilates Level 1 Workout (DVD)	1
61	AeroPilates Cardio Workout (DVD)	1
62	Rubber Foot	4

MODEL 55-4695

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

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NOTES

FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. Should a part be missing or a defective part found, please call **1 (800) 375-7520** (in the U.S.) from 7:30 A.M. to 5:00 P.M. Central Time, Monday through Thursday and 8:00 A.M. to 3:00 P.M. on Friday or fill out the fax sheet ordering form below and fax it to **(417) 889-8064.** Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

ONLINE
CUSTOMER SERVICE
parts@staminaproducts.com
cust-srvc@staminaproducts.com
www.staminaproducts.com

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

Detach and Mail or Fax the Form Below

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: _____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

IMPORTANT : We must have your phone number in order to process the order!

Phone #: ( ) _____ Work Phone #: ( ) _____

Date Purchased: _____

Model #: _____

Purchased From: _____

IMPORTANT : Before filling out the form below make sure you have the right information. Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1